

## REMARKS

Claims 1 and 16 have been amended. The application includes claims 1-18.

Claims 1, 5, 6, 13-15, 17, and 18 were rejected as being obvious over U.S. Patent Publication 2004/0110607 to Crespo in view of U.S. Patent 5,419,550 to Blom. This rejection is traversed.

At the outset, with respect to claim 1 and its dependent claims, it will be recognized that neither Crespo nor Blom disclose a handle which is connectable to a weight stack, or resistance machine or device.

In response to the comments made in the office action, independent claims 1 and 16 have been amended to further highlight that (1) the pulley is movable relative to the weight stack or resistance machine or device after it is connected, and (2) resistance is applied when the handle or ball is moved due to the handle or ball being able to move the pulley relative to the weight stack or resistance machine or device. Figures 2a-c illustrate the pulley being connected to a weight stack in a manner which allowed the handle to be used to pull the weight stack up (resistance applied by the weight) while the person executes a sport specific movement (e.g., swinging a golf club). That is, the user, using the handle of the claimed invention of claim 1, is able to perform a sport specific movement (e.g., the golf swing) while having resistance applied to the user's muscles in a way that the sport specific muscles are exercised without altering the sports specific movement (e.g., his or her "golf" muscles are exercised).

Only the applicant's claimed invention allows this sports specific muscle training to be accomplished.

Furthermore, the sports specific muscle training can be performed with a variety of different handles of balls (claim 16) for a variety of different sports (e.g., swinging a golf club, swinging a baseball or softball bat, performing forehand, backhand or service movements with a tennis racket, throwing a football, rolling a bowling ball, etc.).

As is recognized by the Examiner, Crespo discloses a boxing bag where the bag can be moved up and down by a trainer during a user's work out (see Figures 2-4). Crespo does not show a connection to a weight stack or resistance

machine or device, and is not focused on applying resistance training to the user's sports specific muscles. Rather, Crespo allows the user to train to strike targets at different vertical heights, and no resistance is applied to the users legs or arms during striking the target. Similar to Crespo, Blom shows a tethered ball batting practice device. The ball in Blom can move to a variety of different locations for the user (34) to strike the ball (48) (Figure 1). Blom does not show a connection to a weight stack or resistance machine or device, and is not focused on applying resistance training to the user's sports specific muscles. Rather, Blom allows the user to train for accurately striking a target (a baseball) at different positions and no resistance is applied to the user's legs or arms during striking the target.

Claims 1 and 16 require that the pulley be moveable relative to the weight stack or resistance machine or device. This allows resistance to be applied to sports specific muscles as a sports specific movement is performed (see Figures 2a-c of the application). In sharp contrast, the pulleys in Crespo and Blom are anchored on a frame when they are in use. Furthermore, at no point in Crespo and Blom do the devices disclosed therein apply resistance training to sports specific muscles. Claims 1 and 16 require that the handle or ball be able to be used to move the pulley relative to the weight stack or resistance machine or device subject to resistance from said weight stack or resistance machine or device. Crespo and Blom are related to target training, not resistance training.

In view of the above, no claims would be obvious to one of ordinary skill in the art in view of any combination of Crespo and Blom.

Claim 2 was rejected as being obvious over the Crespo/Blom combination further in view of U.S. Patent 4,229,002 to Masters. This rejection is traversed.

Masters shows a golf handle which can be used in conjunction with performing a resistance exercise (Figures 1-6). However, Masters has the drawback that it will results in exercising muscles that are not used in the golf swing. As noted in the present application on page 3 when analyzing prior art systems like those shown in Masters, when the club handle is connected only at the top (like in Masters) the user's wrists and forearms are overworked and the user's swing is forced to change because of this overworking resistance. The claimed invention recognizes this drawback and provides a system which allows the handle to move and rotate freely while performing the golf swing. This is

accomplished by using a cord which is attached at the top and bottom of the handle with a pulley that is connectable to the weight stack or resistance machine. Because the pulley can move closer to or farther away from one end of the handle or the other during the swing, and the handle can rotate during movement, and because the pulley is used to connect the handle to the weight stack, the user's sports specific muscles are exercised in the same manner as those muscles would be used when, for example, performing the golf swing. Specifically, the wrists and forearms are not overworked in the manner taught by Masters.

Claims 3, 4, and 7-12 were rejected as being obvious over the Crespo/Blom combination further in view of U.S. Patent 6,592,474 to Halsworth. This rejection is traversed for reasons similar to the discussion of Masters above. It is noted that the connection to the bat handle 26 in Halsworth is at the top. While the connection may be on either side of the bat handle, claim 1 specifically requires connections at different locations along the length of the handle. Thus, with the Halsworth device, like the Masters device, the wrists and forearms will be overworked in the same manner discussed in application on page 3. By not having the connections to the cord at two different locations on the length of the bat, the user is not able to obtain resistance on his bat swing specific muscles all the way through the swing (as he moves from one side to the other and rotates his hands during the swing).

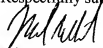
Claim 16 has been rejected as being anticipated by Crespo. The rejection is traversed. As discussed above, claim 16 has been amended to recite said pulley being connectable to a weight stack or resistance machine or device, said pulley being movable relative to said weight stack or resistance machine or device after connection to said weight stack or resistance machine or device, and said ball member being able to be used to move said pulley relative to said weight stack or resistance machine or device subject to resistance from said weight stack or resistance machine or device. The Crespo reference is not designed to apply any resistance training to sports specific muscles and does not include a pulley that is movable after is connected to a weight stack or resistance machine or device.

In view of the foregoing, it is respectfully requested that the application be reconsidered, that claims 1-18 be allowed, and that the application be passed to issue.

Should the Examiner find the application to be other than in condition for allowance, the Examiner is requested to contact the undersigned at the local telephone number listed below to discuss any other changes deemed necessary in a telephonic or personal interview.

A provisional petition is hereby made for any extension of time necessary for the continued pendency during the life of this application. Please charge any fees for such provisional petition and any deficiencies in fees and credit any overpayment of fees to Attorney's Deposit Account No. 50-2041.

Respectfully submitted,



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